



melmed center

Nutri-Tip from Jan

Volume 11, April 2018



Super Stress Buster Foods

Stress management is a powerful tool for wellness. Intentional food choices not only nourish and protect body systems, they act as a shock absorber against the “craziest” of days.

Serotonin boosting foods (sense of well-being, calmness, reduces anxiety):

- Eggs, fish, seafood, cheese, meat, poultry, seeds, nuts, soy, oats, chickpeas, sprouted/whole grains (breads), bananas, beets, pineapple, tomatoes, plums, kiwi, dark chocolate, green tea

Dopamine boosting foods (motivates, pleasure–reward system, attention):

- All animal products, almonds, peanuts, apples, avocados, bananas, beets, chocolate, coffee, fava and lima beans, oatmeal, green leafy vegetables, olive oil, green tea, sesame and pumpkin seeds, soy, watermelon, wheat germ, yogurt, kefir

Dopamine and serotonin depleting foods

- Added sugar – temporarily boosts and ultimately contributes to deficiency. Eating excessive sugar can promote unhealthy GI tract bacteria which interfere with serotonin and dopamine production and boost norepinephrine, the fight or flight hormone – increasing stress levels!

Want to Learn More?

Even the smallest nutritional change can improve physical and mental well-being.

Our metabolisms are as unique as our fingerprints. If you are concerned about your child’s nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.

Please contact the front office for details